



**Healthy Hearts for Rural Louisiana:**  
Identifying, Treating, and Educating Patients  
Effected by Hypertension

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June 6, 2018



# Discussion Overview

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- Snapshot of Chronic Disease in Louisiana
- Rural Health Clinics Called to Public Health Actions
- Quality Improvement and Improved Blood Pressure Control
- Recognition Programs: TargetBP and WellSpot Designation
- Best Practices
- Professional Networks and Community Supports

# Snapshot of Chronic Disease in Louisiana

36.2%

of Louisiana adults  
are obese

that fills

**TIGER STADIUM**



**16x**

21.9%

of Louisiana adults  
smoke

that fills the

**SUPERDOME**



**13x**



**12.7%**

Prevalence of  
Diabetes



**39.3%**

Prevalence of  
Hypertension



**5.3%**

Prevalence of  
Heart Disease

**12.7%** of Louisiana residents have **diabetes**.



About **60%** of these diabetics are **obese**.

**5.3%** of Louisiana residents have **heart disease**.



About **50%** of those with heart disease are **obese**.

**21.9%** of Louisiana residents **smoke**.



Almost **33%** of these smokers are **obese**.



## HEART DISEASE

Louisiana has  
**4th** highest mortality  
rate in country



## STROKE

Louisiana has  
country's  
**7th** highest  
mortality rate



## TOP RISK FACTORS:

High Cholesterol **40.7%**  
High Blood Pressure **39.9%**  
Obesity **33.1%**



# Prediabetes

- What is Prediabetes?
- Increased risk for developing type 2 diabetes, heart disease and stroke.
- **Increasing awareness is key!**



# Health Risk Behaviors

- The US chronic disease burden largely results from risk factors that can be addressed at the individual and population levels:
  - Tobacco use
  - Poor diet and physical inactivity
  - Excessive alcohol consumption
  - Uncontrolled high blood pressure
  - Hyperlipidemia





# Called to Public Health Action

# Supporting Hypertensive Patients





# Rural Health Clinics Called to Public Health Action

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- ✓ Engaging in physician continuing education resources
- ✓ Implementing new protocols and processes through continuous quality improvement, such as Million Hearts of TargetBP, and expanding the utilization of Health Information Technology such as Electronic Health Records
- ✓ Standardizing evidence-based best practices
- ✓ Use of waiting room prompts to empower and educate patients



# Rural Health Clinics Called to Public Health Action

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- Join the Well-Ahead PH-HS Collaborative
- Subscribe to the Geaux Healthy Newsletter
- Connect with Community Resources
- Become a WellSpot
- Join your local Healthy Community Coalition

# Health Systems Interventions



# Health Systems Interventions

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- Provider Education
- Team-Based care
- Data utilization and reporting
- EHR utilization



# Quality Improvement

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- PDSA Cycles
  - Plan, Do, Study, Act
- Data driven decision making
  - Can you collect the data needed?
  - What data is needed to assess the problem?
  - How will you measure success?
  - Are there opportunities to look for disparities or gaps in care?
- National Quality Forum measure 0018

# Health Systems Interventions

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## Million Hearts

- National Initiative launched in 2013 with the goal of saving 1 million hearts by 2017
- Launched a new 5-year goal period for 2018-2022
- Offers tools, resources, and protocols
  - Dashboard focused on the ABCS
    - Aspirin when appropriate
    - Blood pressure control
    - Cholesterol management
    - Smoking Cessation





# Recognition Programs

# TARGET:BP™



## **MEASURE** blood pressure accurately, every time.

Accurate measurement and recording of BP is essential to categorize level of BP, ascertain BP-related CVD risk, and guide management of high BP.

**Measure Accurately**



## **ACT** rapidly to address high blood pressure readings.

Take rapid action and follow treatment protocols to bring BP under control.

**Act Rapidly**



## **PARTNER** with patients, families, and communities to promote self-management and monitor progress.

Improve adherence to treatment and lifestyle changes through collaborative communication and follow-up visits.

**Partner With Patients**

# Evidence-Based Approach WellSpot Designation

## Wellness Benchmarks





# WellSpot Designation Program

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- Launched in 2014
- New and creative way to combat chronic disease
- From silos to collaboration
- Benchmark sets – child care centers, schools, colleges/universities, worksites, restaurants, hospitals and healthcare facilities
- WellSpot Designation
- **Ultimate goal:** Make the healthy choice the easy choice!



# The Benchmarks: Overview

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- 40 total benchmarks representing 63 different initiatives
- 4 benchmarks include multiple initiatives
- Annual review
- Resources for implementation
- Benchmarks include things like:
  - Adopting comprehensive smoke-free and tobacco-free policies
  - Providing tobacco cessation coverage in employee health plans
  - Implementing worksite wellness programming
  - Becoming a breastfeeding-friendly workplace
  - Providing healthy menu options in restaurants and college and hospital cafeterias
  - DSME and DPP program provision or referrals for hospitals
  - Implementation of physical activity and nutrition based practices for schools



# Incentives for Becoming a WellSpot

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- Publicity
- Reduced healthcare costs
- A happier and more productive work force
- Employee recruitment and retention

# Become a WellSpot!



All (non-hospital) healthcare facility WellSpots must be designated tobacco-free locations and provide patient education. In addition to being tobacco-free and providing patient education, healthcare facilities may meet additional wellness benchmarks.

**LEVEL 3**

.....

TOBACCO-FREE POLICY  
PATIENT EDUCATION  
TWO BENCHMARKS OF CHOICE

**LEVEL 2**

.....

TOBACCO-FREE POLICY  
PATIENT EDUCATION  
EIGHT BENCHMARKS OF CHOICE

**LEVEL 1**

.....

TOBACCO-FREE POLICY  
ALL BENCHMARKS MET

<http://wellaheadla.com/healthcarefacilities>

# Best Practices



# Patient-Centered Care

- The provision of health services by a health care team who work collaboratively with patients and caregivers to accomplish shared goals across settings to achieve coordinated, high-quality care.





# Implementing Team-Based Care

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- Foundational blocks:
  - Leadership
  - Data driven Quality Improvement strategy
  - Clearly Define your Teams
  - Empanelment

# The steps to consistently high team performance

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Build trust and  
communication

Identify and  
assign tasks

Train staff

Develop  
standard work

Enable staff to work  
independently

Monitor process and  
goal attainment

# Summary of the Evidence Supporting Self-Monitoring



SMBP

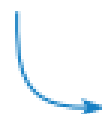
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**A PROVEN APPROACH TO REDUCING THE RISK OF  
DISABILITY OR DEATH DUE TO HYPERTENSION**

**ADDITIONAL  
CLINICAL SUPPORT**



**ADDITIONAL CLINICAL SUPPORT INCLUDES:**



ONE-ON-ONE COUNSELING



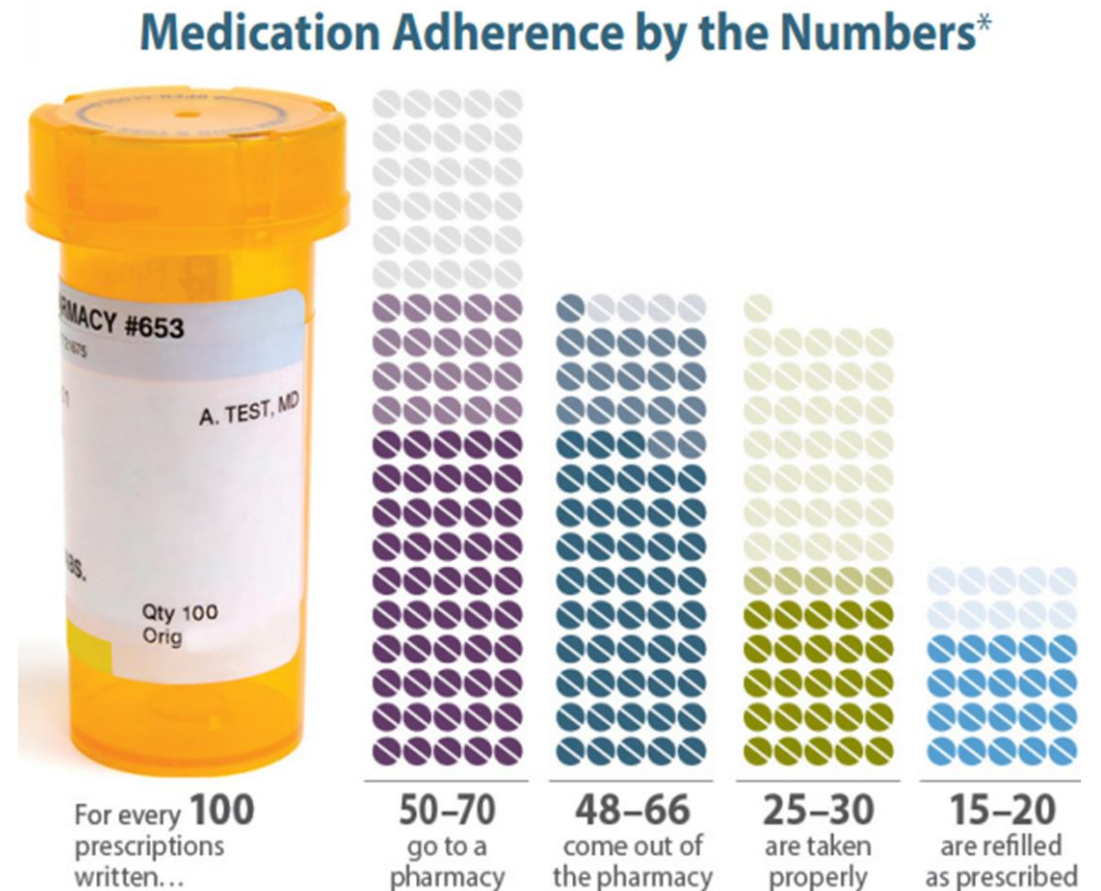
TELEPHONIC OR  
WEB-BASED SUPPORT



EDUCATIONAL CLASSES

# Pharmacy and Primary Care

- Medication Therapy Management
- Pharmacist provides consultative services & intervenes to address medication-related problems; when necessary, the pharmacist refers the patient to a physician or other healthcare professional



# Professional Networks and Community Supports

# Well-Ahead LA Provider Education Network

Goal is to keep healthcare professionals up to date, to advance chronic disease prevention and management, and to support relationships by offering workforce development and networking opportunities.

- Free webinars for clinical and non-clinical professionals
  - Topics include clinical innovations, team-based care, self-monitoring of various chronic diseases
- Provider Forum
- Provider Resources

<http://wellaheadla.com/healthcareprovidertrainings>



The graphic is a vertical banner with a teal background. At the top, the 'WELL-AHEAD' logo is displayed in white and teal, with 'WELLAHEADLA.COM' in smaller white text below it. A thick orange horizontal bar separates the header from the main content. Below the bar, a circular icon with a person and a speech bubble is followed by the text 'Provider Education Network' in white. Underneath, 'Our Brief Tobacco Intervention' is written in teal, and 'Provider Training is now available online!' is in yellow. The bottom section features a photograph of two men in a clinical setting; one man in a red shirt is seated and facing the other man, who is in a white lab coat and seen from the side, holding a clipboard. A small circular icon with a crossed-out cigarette is in the bottom right corner of the photo.

**WELL-AHEAD**  
WELLAHEADLA.COM

 **Provider Education Network**

**Our Brief Tobacco Intervention**

**Provider Training is now available online!**







## Staying WELL-AHEAD with High Blood Pressure

When you have high blood pressure, also known as hypertension, it's important to pay close attention to your diet. Staying aware of portion size, eating a variety of foods and getting the right amount of nutrients can help lower your blood pressure.

### Eating Tips

The trick to staying healthy with high blood pressure is monitoring your salt intake. Always choose low sodium or no salt added options. Limit salt to 2,300mg or less per day<sup>1</sup>. Most of the sodium in our diets come from pre-packaged, processed, restaurant and fast foods. **Try to limit these types of food:**

Pre-Packaged Foods	Processed Foods	Condiments Count, Too!
<ul style="list-style-type: none"> <li>• "instant" or "just add water" items</li> <li>• chips, crackers &amp; cereal</li> <li>• canned soups, sauces &amp; broths</li> <li>• frozen dinners &amp; pizzas</li> <li>• baking mixes</li> </ul>	<ul style="list-style-type: none"> <li>• white bread &amp; pasta</li> <li>• deli meats</li> <li>• sausage, bacon &amp; boudin</li> <li>• pickled items</li> </ul>	<ul style="list-style-type: none"> <li>• soy sauce &amp; worcestershire sauce</li> <li>• ketchup &amp; bbq sauce</li> <li>• Tony Chachere's seasoning</li> <li>• gravy</li> <li>• salad dressings</li> </ul>

So, what can you eat? Check out the menu below. The meals are filling and the snacks are healthy!

Breakfast	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> <li>• 1 cup cooked oatmeal</li> <li>• 1 banana</li> <li>• 1/2 oz. unsalted nuts</li> <li>• 1 cup skim or 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup salad greens</li> <li>• 1/2 cup chopped raw veggies</li> <li>• 1/2 cup chickpeas</li> <li>• 1 boiled egg</li> <li>• 1 wheat dinner roll</li> <li>• 1 tbsp. vinegar based dressing</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium apple</li> <li>• 2 tbsp. peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup cooked whole wheat pasta</li> <li>• 1/2 cup low sodium marinara</li> <li>• 4 oz. of chicken</li> <li>• 1.5 oz. shredded parmesan cheese</li> <li>• 1 cup broccoli, cooked</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup fresh fruit</li> <li>• 1 cup low-fat yogurt</li> </ul>

### Shopping Tips

- **Buy foods in their most natural form.**
  - >> whole fruits and veggies (frozen works!)
  - >> lean meats and fish, dried beans and peas, eggs
  - >> nonfat or low-fat milk, yogurt and cheese
  - >> whole grains - whole wheat bread and pasta, rolled oats and brown rice
  - >> low sodium snacks - unsalted nuts, rice cakes, dried fruit, protein bars
- **Plan to go to the grocery store once a week!**
- **Aim for frozen fruits and veggies over canned.** When buying frozen veggies, avoid those that are pre-seasoned or come with a sauce. If buying canned produce, look for low sodium or no salt added varieties.
- **Find a local farmer's market to take advantage of in-season, local produce.** Many farmer's markets accept SNAP benefits (food stamps) and participate in the Senior Farmer's Market Nutrition Program (SFMNP). Use your SNAP benefits to purchase plants and seeds for growing your own vegetable garden!



#### Ways to Save

- ✓ Buy frozen veggies and beans.
- ✓ If you chose fresh fruits/veggies, buy those in season.
- ✓ Instead of buying pre-packaged veggies, choose whole veggies and cut them yourself.
- ✓ Buy generic brands.
- ✓ Buy meats with the skin on them and remove before cooking.



## Staying WELL-AHEAD with Diabetes

The foods that we eat are made up of three major nutrients: carbohydrates (starches & sugars), protein (meat) and fats. When you have diabetes, also known as high blood sugar, you must monitor the type and the amount of carbohydrates you eat each day.

### Eating Tips

Foods high in carbohydrates are: breads, crackers, cereals, pasta, rice, grits, oats, milk, fruit, beans, starchy vegetables (potatoes, corn and peas) and sweets (cakes, cookies, ice cream, candy bars, puddings and jams).

- Fill half of your plate with non-starchy vegetables - broccoli, green beans, spinach, collards, squash, cauliflower, beets, carrots, tomatoes or okra.
- Add whole grains or starches to half of the space left on your plate - brown rice, whole wheat pasta, sweet potatoes, corn, peas, or beans.
- A lean source of protein should take up the last empty section of your plate - eggs, chicken, turkey or salmon.



#### How big is a serving size?

Quick Tips	baseball	8 ball	deck of cards	3 dice	DVD
<ul style="list-style-type: none"> <li>✓ Pair carbs with a protein and/or healthy fat to prevent blood sugar spikes.</li> <li>✓ Don't skip meals. Eat every 3-4 hours.</li> <li>✓ Eat about the same amount of carbs daily.</li> <li>✓ Eat 3 servings of non-starchy veggies daily.</li> <li>✓ Switch fruit juice for whole fruit.</li> </ul>					
	1 cup	0.5 cup	3oz protein	1.5oz cheese	1oz deli meat
	<b>Go Foods</b> (foods to aim for)		<b>Woah Foods</b> (foods to limit)		<b>Slow Foods</b> (foods to avoid)
	non-starchy veggies beans & peas fish & seafood whole grains		fruit nuts avocados		carbs, like: white bread & rice bacon, chips, sweets fried foods

### Shopping Tips

- **Shop Fresh!** Shop for most of your groceries on the outer edges of the store. Then shop the aisles.
- Fresh and frozen fruits/veggies are the best options. Remember, frozen veggie blends with sauces tend to have more salt.
- If you choose to buy canned fruits/veggies, buy the "no added sugar" and "reduced sodium" options.
- **Beware of sneaky "added sugar" items.** This is sugar added during processing - many pre-packaged and canned foods contain it. Look for these words in the ingredients: sugar, high fructose corn syrup, sucralose, fructose, dextrose and corn syrup.
- **"Low-fat" items are not always the better option.** They most likely have even more added sugar than regular items!
- Instead of buying white bread, rice and pastas, buy 100% whole wheat.
- **Choose lean meats:** sirloin, rump roast, tenderloin, pork chops, chicken breast and turkey breast.

#### Ways to Save



- ✓ Always look for produce sales!
- ✓ Buy heads of dark lettuce instead of ready-made salad packs.
- ✓ Buy whole carrots and peel them, instead of buying minis.
- ✓ Buy chicken breasts with the skin - remove skin before cooking.
- ✓ Buy frozen meats.
- ✓ Store brand eggs, low-fat milk and yogurt, brown rice, whole wheat pasta and whole wheat bread are much cheaper than the name brands.





# Well-Ahead PH-HS Collaborative

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- **Data Clearinghouse:** Establish a central repository of clinical and non-clinical data relating to chronic disease.
- **Provider Education:** Increase adoption of best-practices through improved provider education and incentives.
- **Improve the Patient Experience:** Empower patients by increasing health literacy, while increasing trust through satisfaction with care.
- **Increase Participation in Health Systems Alignment Process:** Identify additional stakeholders that should be part of this process.



# Louisiana Obesity Prevention and Management Commission

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## The vision of the Commission is to:

- Identify and pursue opportunities for increased collaboration
- Ensure accountability through efforts to enforce existing policy
- Deliver information, recommendations, guidelines, and suggestions.

## Priority Areas:

1. Educate Payers and Healthcare Providers on Obesity Prevention and Treatment Best-Practices
2. Provide Community Resources for Obesity Prevention Best-Practices
3. Support Data Driven Decision Making for Reducing Obesity in Louisiana
4. Inform Louisiana Elected Officials- local and state

For additional information visit: <http://wellaheadla.com/ObesityCommission>

# LaDEN: Louisiana Diabetes Educators Network

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- 117 members, both certified and non-certified diabetes educators and program coordinators
- Provides CEU's to RD's and RN's
- Popular topics include billing/coding, motivational interviewing and diabetes medications
- Networking opportunities for diabetes educators and DSME/DPP coordinators
- Information sharing
- Always recruiting additional members

<http://wellaheadla.com/Programs/Diabetes>



# NDPP

*National Diabetes Prevention Program*



- Prevent T2 helps participants achieve moderate weight loss by eating well and being active.
- By the end of the first six months, the goal is for participants to:
  - ▶ Lose at least 5 to 7 percent of their starting weight
  - ▶ Get at least 150 minutes of physical activity each week, at a moderate pace or more
- By the end of the second six months, the goal is for participants to:
  - ▶ Keep off the weight they have lost
  - ▶ Keep working toward their goal weight, if they haven't reached it
  - ▶ Lose more weight if they wish
  - ▶ Keep getting at least 150 minutes of activity each week



# COMMUNITY RESOURCE GUIDE

## SEARCH RESOURCES

[Add](#)

IF YOU WISH TO SUBMIT A RESOURCE, PLEASE DO SO VIA SAFARI, FIREFOX, OR CHROME.

We are currently troubleshooting an issue with Internet Explorer. We apologize for this inconvenience.

### TYPE

- ☐ Breastfeeding
- ☐ Diabetes Self-Management
- ☐ Healthy Eating
- ☐ Physical Fitness
- ☐ Stress Management/Mental Health
- ☐ Tobacco Cessation

### ZIP CODE

### PARISH

[Search](#)

## Resource List

### Choices Coordinated Care Solutions

#### Resource Types:

Stress Management/Mental  
Health

#### Address:

Helen Bryant - Community  
Resource Coordinator  
Choices Coordinated Care  
Solutions  
2620 Centenary Blvd. Suite  
100

#### Description:

Choices is a national non-profit organization committed to supporting youth with significant behavioral and emotional challenges in community settings by using evidence-informed methods that build on the strengths of everyone involved.

We partner with families, schools, providers, government agencies, health



# Engage with Community Health Workers

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- CHWs are trained public health workers who serve as a bridge between communities, health care systems, and health departments.
- Strong evidence of effectiveness in improving blood pressure and cholesterol when CHWs are engaged in team-based care models.
- Roles include:
  - Screening and health education providers
  - Outreach, enrollment, and information agents
  - Members of care delivery teams
  - Patient navigators
  - Community Organizers





ACCOUNT  
LOGIN

SUGGEST  
WELLSPOT

Select Language ▼

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## MOVING LOUISIANA'S HEALTH FORWARD

Well-Ahead Louisiana is an initiative started by the Louisiana Department of Health aimed at improving the health and wellness of Louisiana residents.

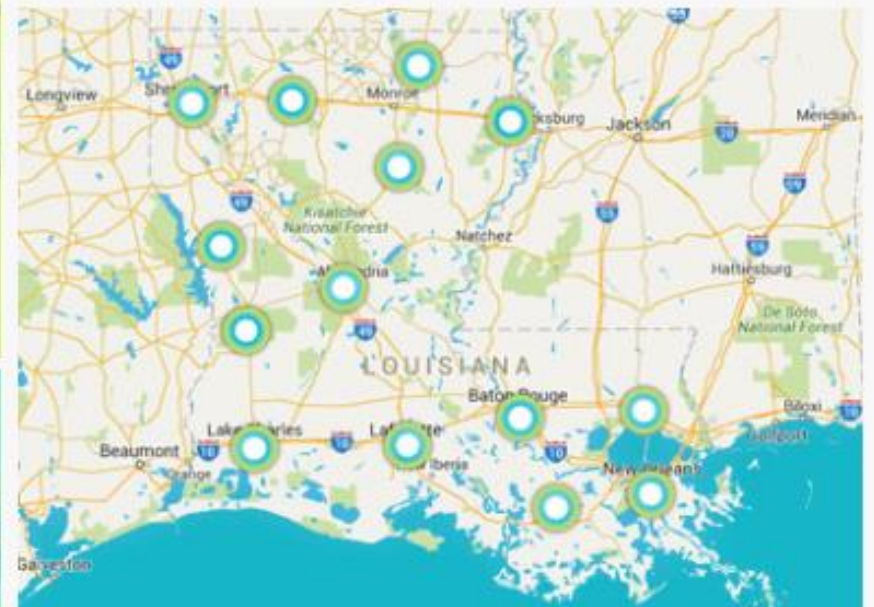
LEARN MORE ►



WHAT ARE WELLSPOTS ?



BECOME A WELLSPOT



FIND NEARBY WELLSPOTS 🔍

# Well-Ahead Louisiana Media and Communications

**@WellAheadLA**  
Well-Ahead LA encourages people & groups to make small healthy lifestyle changes so we can all enjoy our great state for years to come. Run by @LA\_Health\_Dept

12 Followers you share

12 Photos and videos

**Tweets** | **Replies** | **Media**

**@WellAheadLA** @WellAheadLA · Oct 30  
The hard work doesn't scare him. The pressure doesn't either. Smoking should. #FridayFights #BoysOfFall



**@WellAheadLA** @WellAheadLA · Oct 31  
We love @MollyCombs of @WellAheadLA's healthy Halloween treat! What are you giving to your trick-or-treaters?

**Well-Ahead Louisiana**  
Published by Hillary Simpson Sutton (1) · April 19 at 10:00am ·

The trick to staying healthy with high blood pressure is monitoring your salt intake. When grocery shopping, choose low-sodium or no salt added options.



**wellaheadlouisiana** · 538 Followers · 421 Following

Well-Ahead Louisiana encourages people & groups to make small healthy lifestyle changes so we can all enjoy our great state for many years to come. [www.facebook.com/WellAheadLA](http://www.facebook.com/WellAheadLA)



**1710**  
DESIGNATIONS  
and counting!

**Well-Ahead Louisiana**  
Is your organization designated as a WellSpot? More and more organizations statewide are being recognized for putting the health and wellness of Louisiana's residents first! Help your community live well, visit [www.wellaheadla.com](http://www.wellaheadla.com) to get started.

Like (0) · Comment

Like N. Lewis, Sherry Schenckel and 2 others

Add a comment

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All activities

Well-Ahead Louisiana uploaded and posted 2 months ago

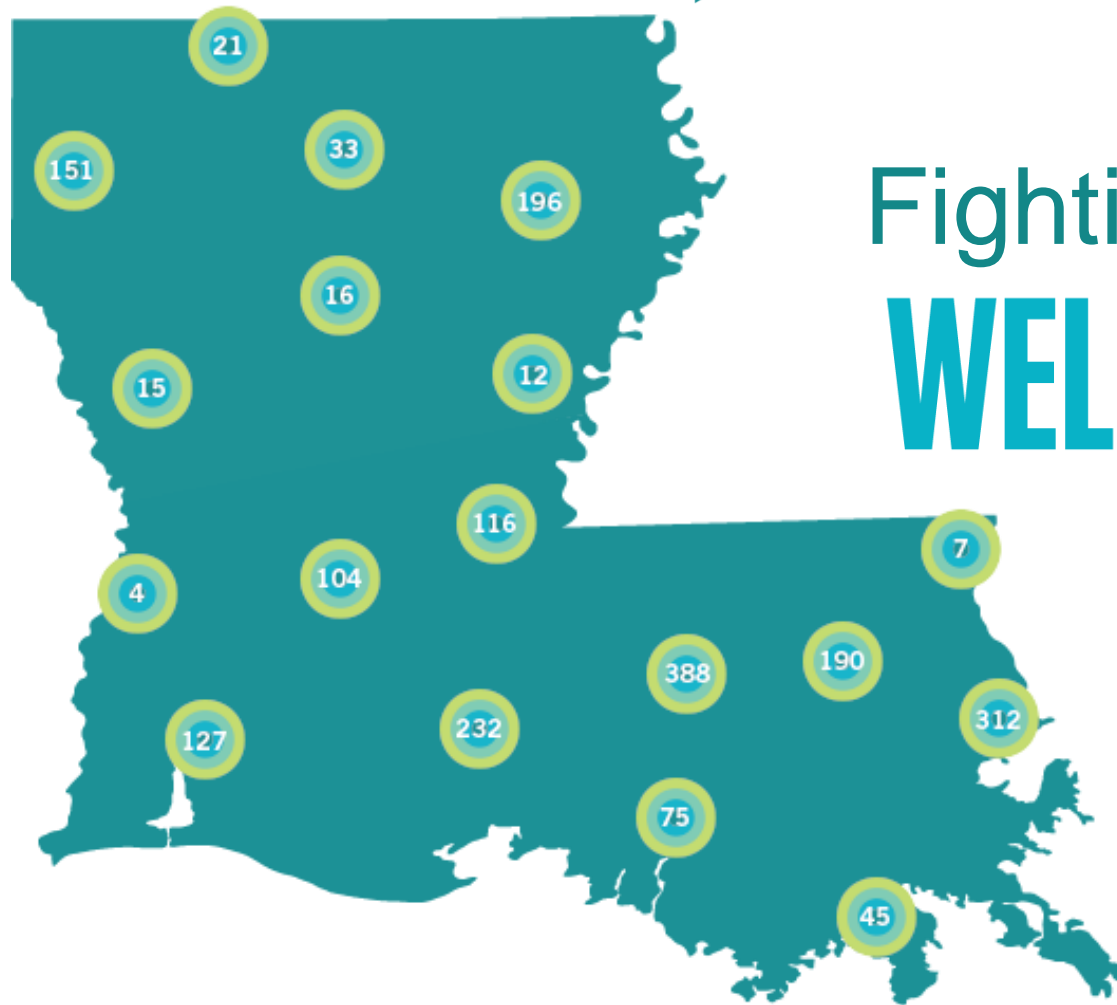
**Barthol Faulk Elementary supports healthy students**  
Well-Ahead Louisiana · 171 views  
Add a message to your video

Well-Ahead Louisiana uploaded and posted 4 months ago

**The City of Slidell receives multiple WellSpot designations**  
Well-Ahead Louisiana · 71 views  
Add a message to your video



# WELL-AHEAD



Fighting Chronic Disease One  
**WELLSPOT**  **LA** at a Time!



# Interested in Practice Coaching?

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- We are currently recruiting one clinic to receive practice coaching and a \$4,000 incentive payment to conduct a QI project from July 1-September 30.
- Interested clinics should contact us at [wellahead@la.gov](mailto:wellahead@la.gov) and we will provide additional information.



# Connect with us!

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[WellAhead@la.gov](mailto:WellAhead@la.gov)